Psychotherapeutic skills in everyday practice: webinar series

Dates: Thursday 26 November 2026: Psychosis
Thursday 25 February 2027: Depression
Thursday 20 May 2027: Anxiety
Thursday 30 September 2027: Trauma

Venue: Via Zoom Webinars

Thursday 26 November 2026: Psychosis

Time	
3.30pm	Chair: Dr Vikram Luthra, Consultant Psychiatrist in Medical Psychotherapy (dual trained) at Leeds and York Partnership NHS Foundation Trust; Psychoanalyst (Member of Institute of Psychoanalysis); Clinical Lead for the Take Time (doctors and dentists in difficulty) service, Yorkshire and Humber; Joint-Training Programme Director for Medical Psychotherapy, Yorkshire and Humber; Honorary Senior Lecturer, University of Leeds; Vice-Chair of RCPsych Medical Psychotherapy Faculty Introduction by Professor Nandini Chakraborti, Consultant Psychiatrist in Early Intervention in Psychosis; Honorary Professor, Leicestershire Partnership NHS Trust; University of Leicester: Dept of Population Health Sciences; Dean, Royal College of Psychiatrists
3.40pm	**Psychosis from a psychoanalytical perspective** Dr Jo O'Reilly, Consultant Psychiatrist in Medical Psychotherapy; Psychoanalyst; Chair of the Medical Psychotherapy Faculty at the Royal College of Psychiatrists
4.05pm	**Pscyhosis from a CBT Perspective** Dr Saju Padakkara, Consultant Psychiatrist and Medical Psychotherapist
4.30pm	**Q & A and closing remarks** Dr Vikram Luthra
5.00pm	**Close of webinar**

Thursday 25 February 2027: Depression

Time	
3.30pm	Chair: Dr Vikram Luthra, Consultant Psychiatrist in Medical Psychotherapy (dual trained) at Leeds and York Partnership NHS Foundation Trust; Psychoanalyst (Member of Institute of Psychoanalysis); Clinical Lead for the Take Time (doctors and dentists in difficulty) service, Yorkshire and Humber; Joint-Training Programme Director for Medical Psychotherapy, Yorkshire and Humber; Honorary Senior Lecturer, University of Leeds; Vice-Chair of RCPsych Medical Psychotherapy Faculty
3.40pm	**Depression** Dr Anuradha Menon, Consultant in Liaison Psychiatry and Medical Psychotherapy
4.05pm	**Depression** Dr Steve Moorhead, Consultant Psychiatrist at Northumberland, Tyne & Wear NHS Mental Health
4.30pm	**Q & A and closing remarks** Dr Vikram Luthra
5.00pm	**Close of webinar**

Thursday 20 May 2027: Anxiety

Time	
3.30pm	Chair: Dr Haroula Konstantinidou, Consultant Medical psychotherapist and Joint Academic Secretary Medical Psychotherapy faculty
3.40pm	Co-chair: Dr Vikram Luthra, Consultant Psychiatrist in Medical Psychotherapy (dual trained) at Leeds and York Partnership NHS Foundation Trust; Psychoanalyst (Member of Institute of Psychoanalysis); Clinical Lead for the Take Time (doctors and dentists in difficulty) service, Yorkshire and Humber; Joint-Training Programme Director for Medical Psychotherapy, Yorkshire and Humber; Honorary Senior Lecturer, University of Leeds; Vice-Chair of RCPsych Medical Psychotherapy Faculty **Anxiety** Dr Jessica Yakeley, Consultant Psychiatrist in Forensic Psychotherapy, Portman Clinic; Director of Medical Education and Associate Medical Director, Tavistock and Portman NHS Foundation
4.05pm	**Anxiety** TBC

4.30pm	**Q & A and closing remarks** Dr Haroula Konstantinidou Dr Vikram Luthra
5.00pm	**Close of webinar**

Thursday 30 September 2027: Trauma

Time	
3.30pm	Chair: Dr Vikram Luthra, Consultant Psychiatrist in Medical Psychotherapy (dual trained) at Leeds and York Partnership NHS Foundation Trust; Psychoanalyst (Member of Institute of Psychoanalysis); Clinical Lead for the Take Time (doctors and dentists in difficulty) service, Yorkshire and Humber; Joint-Training Programme Director for Medical Psychotherapy, Yorkshire and Humber; Honorary Senior Lecturer, University of Leeds; Vice-Chair of RCPsych Medical Psychotherapy Faculty
3.40pm	**Trauma** Dr Rachel Gibbons, Clinical Director of Making Families Count; Special Adviser to Maytree, a sanctuary for people in suicidal crisis
4.05pm	**Trauma** Dr Beena Rajkumar, Consultant Psychiatrist and Consultant Psychotherapist
4.30pm	**Q & A and closing remarks** Dr Vikram Luthra
5.00pm	**Close of webinar**